REGINA metro®

NEWS WORTH SHARING.

Grits vote to legalize assisted suicide

But will Justin Trudeau run with the idea? PAGE 3

Today's issue may make you richer

Get smart with your money PAGES 8 & 10

Will Son of God survive critics council?

Reality TV pioneer takes on life of Jesus Christ PAGE 6

Boys of winter

Chris Kunitz of Regina celebrates after scoring against Sweden in Canada's 3-0 Olympic hockey win on Sunday in Russia. He received his gold medal after the game with fellow Sask.-raised players Patrick Marleau, left, and Ryan Getzlaf, right. COVERAGE, PAGES 2, 13 & 14

LEFT: STREETER LECKA/GETTY IMAGES; RIGHT: PETR DAVID JOSEK/THE ASSOCIATED PRESS

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NEWS 1

Sask. hockey fans pack bars to watch Team Canada win gold

Winter Olympic Games. Liquor and Gaming Authority allowed almost all licensed establishments to open at 5:30 a.m.

MARCO VIGLIOTTI
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It was a hockey championship game, and victory, four years in the making. Of course, they weren't going to miss it — no matter the time of day.

Countless fans in Regina and Saskatoon crammed into bars, restaurants and wherever television screens were present early Sunday morning and roared with delight while watching the Canadian men's team down Sweden 3-0 to win the gold medal at the Olympic Winter Games in Sochi, Russia.

With the Saskatchewan Liquor and Gaming Authority allowing almost all licensed establishments in the province to open at 5:30 a.m. and serve liquor for the big game, which started just after 6 a.m. CST, red-and-white-clad revellers made the most of the opportunity.

"It's a pretty good feeling to be Canadian right now — that's for sure," Nina Gabruch said while watching at Hudson's Canadian Tap House in downtown Saskatoon.

"Canada is the biggest hockey country in the world. It's our sport."

Quoted

"There are two Regina boys on (the team).... Hockey Night in Canada should have had cameras here, not in Toronto."

Team Canada fan Carey Gardner referring to Chris Kunitz and Ryan Getzlaf

About 200 excited fans streamed into the Press Box sports bar in Regina long before sunrise, low on rest but high in enthusiasm for the boys donning the red maple leaf.

"I wasn't surprised with all the traffic (on the road). It was 5:15 a.m., it was traffic everywhere," said fan Rich DeMay in Regina.

"The whole country is watching this game."

The crowd at the Press Box erupted when Regina native Chris Kunitz scored midway through the third period to give Canada an insurmountable 3-0 lead.

"There are two Regina boys on (the team)," Carey Gardner said in reference to Kunitz and Ryan Getzlaf, who were part of the squad along with Patrick Marleau of the Swift Current area.

"Hockey Night in Canada should have had cameras here, not in Toronto."

With the win, Canada has become the first country to win the men's hockey gold at consecutive Olympic Games since NHL players first hit the ice in the global sporting competition in 1998.

And like at the 2010 Games in Vancouver, the gold-medal match was a huge moment for the country's devoted fans.

"We all know where we were in 2010," DeMay said. "It's ... the same this year."

"It just brings us all together," added Bill Haberlach in Saskatoon.

"We unite and celebrate together." **WITH FILES FROM MORGAN MODJESKI IN SASKATOON**

Revellers wearing red and white packed Regina's Press Box sports bar to support Canada as it claimed its second consecutive men's hockey gold early Sunday morning, defeating Sweden 3-0 at the Winter Games in Sochi, Russia. Inset: Hockey fans at Hudson's Canadian Tap House in downtown Saskatoon cheer on Canada during its Olympic gold-medal victory. MARCO VIGLIOTTI/METRO; INSET: MORGAN MODJESKI/METRO IN SASKATOON

Ukrainian community rallies at legislature

Ukrainian-Canadians and their supporters rally on Sunday at the legislative grounds in Regina in a show of solidarity with protesters pushing for democracy in Ukraine against impeached president Viktor Yanukovych. MARCO VIGLIOTTI/METRO

Members of Saskatchewan's large Ukrainian community are hailing news that their homeland's embattled president Viktor Yanukovych was impeached by that country's parliament this past weekend, following weeks of protests against his rule in the capital city of Kyiv.

"As long as the people that come into power recognize who has given them that power ... it is a good thing," Danylo Puderak, executive director of the Saskatchewan council of the Ukrainian Canadian Congress, said at a rally on Sunday outside the provincial legislature in Regina. Yanukoych's controversial move to shun a closer association with the European Union in favour of more amicable ties with Russia has sparked some of the largest protests seen in the former Soviet republic since it gained independence in the early 1990s.

Violent and fatal clashes between demonstrators and authorities have drawn condemnation from the EU, the United States and Canada, which accuse Yanukoych of abusing his power by resorting to force to quell the protests.

While supporters at the legislature — many having driven from Saskatoon for the rally — said they're encouraged by the recent release from custody of opposition leader Yulia Tymoshenko and plans by parliament to hold early elections, they want to keep the world's attention on the crisis.

"We need to keep this issue front-and-centre here in Canada and around the world, and I think that's what this trek to Regina will do," Kelly Block, MP for Saskatoon-Rosetown-Biggar, said at a rally earlier in the day in Saskatoon.

For many, the message is a simple one of support for those in Ukraine.

"Canada and Ukrainians in Canada, they're crying together with Ukraine," said Olga Rocheva, "and we support our brothers and sisters."

MARCO VIGLIOTTI/METRO WITH FILES FROM MORGAN MODJESKI IN SASKATOON AND THE CANADIAN PRESS

Spoke Songs. Ex-addict hopes biking helps others break out of vicious cycles

Vancouver's public bike share may have stalled, but Jonathan Orr is unstoppable.

Struggling with addiction, Orr credits receiving an old Raleigh 10-speed bicycle in 2011 as a turning point in his life.

Riding and learning to repair the bike was pivotal in his recovery, and now — with the help of PHS Community Services Society — he's developing a bike-share program for others trying to overcome their substance abuse problem.

Spoke Songs, Orr's organization that promotes the healing value of cycling, kicked off its second year in Vancouver on Friday with an opening celebration at Vancouver's Interurban Art Gallery.

PHS executive director Liz Evans and Jonathan Orr. COURTESY COLIN ASKEY

There, PHS and Spoke Songs accepted the first donations of "pre-loved" bicycles to help set up their own version of a bike-share program.

Once enough bikes are collected, a series of guided rides to promote health through cycling will be organized.

MATT KIELTYKA/METRO IN VANCOUVER

Farm quarantined. Quebec confirms case of deadly pig virus south of Montreal

Quebec has confirmed a case of the pig virus that has killed millions of piglets in the U.S., the fourth province to do so.

The province's agriculture ministry said on Sunday the virus was detected on a farm south of Montreal. The farm was placed under quarantine to prevent the virus spreading.

"All means are being taken to limit the spread of the virus and we continue to monitor the situation closely in the province of Quebec," Michel Major, Quebec's chief veterinarian, said in a statement Sunday.

THE CANADIAN PRESS

Liberals vote to legalize medically assisted suicide

But where does the leader stand? Trudeau goes MIA as convention delegates pass 'death with dignity' resolution

Justin Trudeau votes on a resolution during the Liberal convention in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Federal Liberals have voted in favour of legalizing assisted suicide, but whether Leader Justin Trudeau will run with the idea is a mystery.

Trudeau was not in the room Sunday when delegates to the party's national convention passed a resolution urging that voluntary, medically assisted death be decriminalized — although moments earlier he was outside the convention hall, cheering as the Canadian men's hockey team won gold.

He was in the room later when delegates gave him an overwhelming endorsement of his decision to kick senators out of the Liberal caucus.

In an interview with CTV, Trudeau declined to give his personal view on assisted suicide, saying he's waiting for the Supreme Court to rule on some pending cases that could provide guidance on the issue.

He did allude to the "death with dignity" resolution, jointly proposed by the party's women's and youth commissions, in relatively positive terms during a keynote speech Saturday, but stopped short of taking a clear stand.

The resolution, Trudeau said, challenges Liberals "to expand our idea of what it means to be a free citizen in a modern democracy" and "to reflect on giving terminally afflicted Canadians the choice to end their pain and suffering and plan their own death with dignity."

Voluntary, medically assisted death should be decriminalized, states the resolution — after a public consultation to recommend the criteria for allowing terminally ill Canadians to choose to end their lives and an oversight system to protect the vulnerable.

It passed by a show of hands after a brief debate.

THE CANADIAN PRESS

More uncertainty ahead for Ukraine

A top Ukrainian opposition figure assumed presidential powers Sunday, plunging the country into new uncertainty after a deadly political standoff — and boosting Yulia Tymoshenko's chances of a return to power.

The whereabouts and legitimacy of President Viktor Yanukovych are unclear after he left the capital for his support base in eastern Ukraine. Allies are deserting him one by one, even as a presidential aide said Sunday that he's hanging on to his presidential duties.

The parliament, now dominated by the opposition, struggled Sunday to work out who is in charge of the country and its ailing economy. Fears percolated that some regions such as the Black Sea peninsula of Crimea might try to break away. Three months of political crisis have left scores of people dead in a country of strategic importance to the United States, European nations and Russia.

Ukraine is deeply divided between eastern regions that are largely pro-Russian and western areas that widely detest Yanukovych and long for closer ties with the European Union. THE ASSOCIATED PRESS

People gather in Independence Square on Sunday in Kyiv, Ukraine. BRENDAN HOFFMAN/GETTY IMAGES

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City of Regina | REGINA Infinite Horizons

California dreams felled by drought

Alan Thompson of G&F Agri Service LLC looks at a tree as he manages a crew of heavy equipment operators that removed an almond orchard at Baker Farming Company in Firebaugh, Calif., earlier this month. The state's drought has forced farmers to remove some almond orchards earlier than they normally would because they don't expect to have enough irrigation water. THE ASSOCIATED PRESS

Internal report

Middle class mired in debt

Canada's middle class is mortgaging its future to stay afloat, making the Canadian dream "a myth more than a reality." That's the blunt assessment of an internal Conservative government report, an unvarnished account of the plight of middle-income families. THE CANADIAN PRESS

Movie downloading

TekSavvy must reveal customer names: Court

A Canadian Internet service provider has been ordered to hand over the names and addresses of about 2,000 customers who allegedly downloaded movies online.

A Federal Court decision compels Ontario-based TekSavvy to identify the customers allegedly linked to downloads of films by the U.S. company Voltage Pictures. THE CANADIAN PRESS

RRSP plans for all ages

HOW TO ROLL
Alison Griffiths
metronews.ca

In a perfect world you would have piles of disposable income available to funnel regularly into retirement and education savings, non-registered investments and debt payments. Alas, the world isn't perfect. Here are three age-specific RRSP strategies.

Under 45?
Contribute the maximum possible to an RRSP through automatic deposits. If you have children, use the annual refund for education savings (RESP). If you are still short of $2,500 annually per child (which attracts the maximum Canada Education Savings Grant of $500 annually), review the household budget to free up more cash. But if high-interest debt is hanging around, pay it down with the refund. Those without children should devote the refund to debt.

Over 45?
Focus on your future. There's still time to boost retirement savings but don't put it off any longer. Increase RRSP savings even if that means chopping a vacation or reducing or stopping RESP contributions. Deposit any refund into an RRSP. However, if there is high-interest debt eliminate it first, then channel extra money into retirement savings.

Over 60?
Yes, there is still time to save. Don't borrow to contribute to an RRSP. It's too risky. At this point, getting rid of personal and mortgage debt is critical. If you cannot increase payments, skip RRSP contributions until debt is manageable based on your expected post-retirement income.

Beef Panini-crêpe
Veggie burger
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UKRAINE CRISIS HITTING HOME

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

The political turmoil that has seized the attention of the world is particularly felt here in Saskatchewan.

Should Ukraine's president, Viktor Yanukovych, question this province's demands that he stop the violent acts upon the tens of thousands of protesters in his country, he must consult his history and aim his cannon not at the protesters in Kyiv, but at Sir Clifford Sifton.

It was Sifton, Canada's minister of the interior under then-Prime Minister Wilfrid Laurier, who unwittingly seized a moment in time and enticed thousands of Ukrainians to this country. This act of opportunity changed the course of history in Ukraine and Canada, and entrenched an unshakeable sense of democracy that nearly every Ukrainian-Canadian cradles.

The first officially recorded Ukrainian immigrants to arrive in Canada were from western Ukraine in 1891. More than 200,000 followed. In Saskatchewan, they took homestead in places such as Yorkton, Beaver Hills, Preeceville, Crooked Lake and Wroxton.

At the time, there was a strong and well-defined class structure in Ukraine.

The Russians made up the government. The landowners were mainly Poles. The tradesmen were often Germans who had come to Ukraine during the reign of Catharine II. Ukrainian people, on their own soil, were often at the bottom of the ladder.

Toward the end of the 19th century, the completion of a railway in 1885 opened Canada's West for settlement and provided transportation for wheat. Sifton needed workers, so he offered free land. Much of it was here, even before Saskatchewan had its name.

It was Ukrainians who fled poverty, corruption, over-population, the threat of war and forced starvation to come to Canada. They bravely bade farewell to families and friends. And even when they were stripped of their identities at the border and told they were Austrians, Poles, Russians, Romanians or Hungarians, they remained Ukrainian. And they taught that determination to their children, who taught their children, and so on.

It is no wonder that this battle in Kyiv's Independence Square rings so true. The history runs deep in Ukraine and Canada. It is almost as though there has been no choice but to stand and fight.

Saskatchewan stands behind the once-peaceful protesters in Ukraine. We are the first province to officially raise the Ukrainian flag in solidarity. We are the first province to vocally demand immediate sanctions upon Yanukovych.

Even though he has fled, likely in terror, Yanukovych insists he has fallen victim to a coup d'état. And there is no mood of celebration. No one in Kyiv can forget the terrible human cost of this revolution.

Ukrainians in Saskatchewan will continue to go back to their ancestral land with concern and compassion, to help those who have waged a revolution against a government whose actions are painfully too similar to what has happened before.

CHRISTINA CHERNESKEY IS NEWS DIRECTOR AT 620 CKRM IN REGINA

ZOOM

Panda hangs out slide-side

IMAGINECHINA/REX

Panda cub lives life on the edge

It's time for some panda playdown at Chimelong Safari Park in Guangzhou, southern China.

The six-month-old giant cub called Long Long seems to be freestyling with his very own version of toy-slide parkour.

These cute critters are known for their playtime antics with one YouTube video of sliding pandas reaching almost six million hits.

METRO WORLD NEWS

In danger

- Experts estimate there are only 1,000 giant pandas living in the wild, thanks to human destruction of their habitat in search of natural resources. The majority are found in China.
- The creation of 14 new panda reserves in China brings the total number of facilities to 26.

Clickbait

ANDREW FIFIELD
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Well, the Olympics are over and now we all have to turn back to old-fashioned ways to while away the hours. Here are a couple of mobile games to help solve that problem.

Threes:

After the abrupt demise of Flappy Bird, Threes is easily the current darling of the App Store. The gameplay, boiled down, consists of sliding boxes around your screen to create factors of three. Sounds terrible, right? Incorrect. Things can get quickly out of control as your actions force other blocks into shifting about the screen, laying waste to best-laid plans. Ugh. That still sounds weak. You just have to see it in action. It's the ultimate mobile game. (iOS/$1.99)

CONTRIBUTED

Doctor Life:

If Threes sounds a little hectic, this gentle hospital sim eases you into things with a basic tutorial on how to make your pocket clinic run smoothly. Diagnose patients, succeed at random challenges and expand your hospital to become the premier fake health-care institute in your fake community. (iOS/$2.99)

Hoplite:

A turn-based strategy game that tasks you with moving troops across a hex-based grid, battling any obstacles that try to put a damper on that march. The graphics couldn't be much more basic, but the randomly generated levels ensure infinite replay potential. (iOS/$1.99)

Twitter

@metropicks asked: What would you say to the mom who bought 19 'indecent' T-shirts after a store refused to remove them from display?

@ctmwyn: All the power to this move. I would even suggest returning the purchase at the same location.

@Canucklehead_ca: Overheard minutes later at store HQ: "They're FLYING OFF THE SHELVES there - send them a TRIPLE orders ASAP!!!"

@SteveDodd: Next stop for her: Source Adult Video.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE 2

E-books

Brian Cox's Wonders Of Life

By. Brian Cox

iPad

MIND THE APP
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It's like falling down Alice's rabbit hole by way of Google maps. This companion book for the BBC TV series (now playing on TVO, and on the video player at ww3.tvo.org/video) beautifully envelopes its scrolling pages within immersive animation and video layers revealing the physics of monarch butterflies, robber crabs, and bent-wing bats amongst others. Cox's journey contemplates these underlying processes as exquisite insights into life itself.

Box office

Lego holds strong lead at the box office

The Lego Movie continues to lead at the box office in its third weekend, besting 3 Days to Kill and Pompeii on their opening weekends. The film earned $31.5 million US, according to studio estimates Sunday.

THE ASSOCIATED PRESS

Taking on a task of biblical proportions

Son of God producer Mark Burnett, left, on the set with actors Darwin Shaw and Diogo Morgado. Son of God opens on Friday. CONTRIBUTED

Son of God. The man behind Survivor and The Apprentice takes a leap of faith with a project that's personal

STEVE GOW
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He may have helped create television hits like The Apprentice and Survivor but Mark Burnett hates the term reality TV. Instead, he prefers to call his work non-fiction storytelling. Now marking his big-screen debut with Son of God — in theatres next Friday — the question is how does the famed producer describe an epic movie about Jesus Christ?

"This is just a full-on feature film for the big-screen. It just happens to be a true story," explained Burnett during a recent interview with his wife and co-producer Roma Downey in Toronto. "With us, it is our faith."

The story of Jesus has certainly proved its endurance upon western culture, noted by Burnett in the multitudes of multi-generational art and movies that have been made about Jesus.

In particular, the devout co-producing pair felt responsible to ensure the miraculous story measured up to the rest of pop culture's productions.

"Somehow every decade, (old Bible stories) come back on, and they beat current programming," said Burnett who points out that his successful History Channel mini-series The Bible (on which much of Son of God was based) helped prove the power of faith-based entertainment.

"Clearly the Holy Spirit translates."

Burnett may have brought extensive productions like Survivor to air, but he and Downey knew taking on the narrative of Jesus of Nazareth was going to be an especially enormous task. What the duo perhaps didn't anticipate was the emotional attachment to making a project like Son of God.

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different," admitted Downey.

"This isn't just bringing the best of us. This is infusing not just what we do so it resonates through everything. It's deeper than everything. It's more meaningful."

Behind the scenes

- **Tough shoots.** "The most challenging to film was the crucifixion sequence," admitted Roma Downey. "Even though we were just recreating it, the brutality of it, the inhumanity of it, the suffering of it (was) so upsetting for everybody."
- **The supporting cast.** "Nobody's presented as perfect people. (The Disciples) didn't know they were in the Bible. They were just real people living their lives in enormously challenging circumstances and very dangerous times, looking for hope," says Downey.

Nyong'o calls Leto dating rumour 'crazy'

Lupita Nyong'o

She's still fairly new on the scene, but 12 Years a Slave star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumour: that she and fellow Oscar-nominee Jared Leto are dating. "But I thought Miley Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen DeGeneres during an interview. "It's crazy because when I read these rumours, I mean, they're so detailed that even I start to question if they're true or not."

Twitter

@TheReal-Roseanne

If u go in public please mind ur brat offspring-no one likes them but u

@Ian-McKellen

Congratulations to my friend @SirPatStew who has crossed over one million people following him on @twitter!

@lena-dunham

Just nicknamed my dog Jody Squatley, which is a reference even I don't really get

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Stevie Nicks pens Game of Thrones fanfic

STARGAZING
Malene Arpe
scene@metronews.ca

Stevie Nicks says that she's a huge fan of Game of Thrones and has written a poem about each of the characters. Suddenly I feel less proud about my own Jamie Lannister and Hound fan fiction.

The president of Clowns of America International says that the world is facing a clown shortage because young people just aren't that interested in becoming clowns. "That's clearly not true," said reps for Shia LaBeouf and Justin Bieber.

A Miley Cyrus fan throws a thong on stage during a Tacoma show and Miley puts it in her mouth. That's disgusting and could lead to the spread of disease, but we're happy to report that the thong is OK.

A South Carolina woman is jailed after a warrant shows that she failed to return a rental VHS copy of Monster-in-Law nine years ago. In her defence, she was desperate for something to prop up her eight-track player.

Bradley Cooper says he didn't wear underwear at a recent White House dinner because his pants were too tight. "I know what works really well with tight pants," says Miley Cyrus.

The U.S. military is working on a version of the Iron Man suit and on a pizza that can last as long as three years. And still no flying cars, steak and eggs in pill-form or speaking dogs.

Marc Anthony says that he's "really good friends" with Jennifer Lopez' boyfriend Casper Smart. Sometimes when J.Lo has to leave Casper alone, Marc will come over and babysit.

Lady Gaga was bitten by the tiny, cute animal known as a slow loris during a video shoot. Which explains LAdy Gaga's new song "The Edge of Rabies."

Former teen idol Justin Bieber has reportedly rented a mansion in Atlanta. Says the mayor of Atlanta "Could we please just burn down again instead?"

Kim Kardashian appeared on Jay Leno's final Tonight Show episode and then she showed up on Jimmy Fallon's first night as host of the show. That explains the guards currently posted at Johnny Carson's grave.

Kate Hudson ALL PHOTOS GETTY IMAGES

With an ocean between them, Kate Hudson and British beau drifting apart

Despite being engaged for nearly three years and sharing a two-year-old son, Kate Hudson and fiancé Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son." While a rep for Hudson denies the rumours of trouble, she and Bellamy have not been spotted together in months.

Aguilera gets back to babies — expecting with fiancé

Christina Aguilera

Christina Aguilera is going to be a mom again. People magazine confirms that the Voice judge is pregnant with her second child and her first with fiancé Matt Rutler. The news comes less than a week after Aguilera and Rutler announced their engagement. "They're very much in love and are really excited to take this next step," a source says. Aguilera is already the mom to six-year-old son Max with ex-husband Jordan Bratman.

LIFE 3

Burn money now, shiver later

Take it to the bank.
Spend five bucks for coffee and snacks today or stash the cash for 75 grand in 30 years

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Hmm... Fan flames of financial ruin, or line that nest egg? ISTOCK

Have you ever heard the term "burn rate?" It refers to how fast you burn through your money.

It's a term borrowed from the corporate world that refers to the rate at which a new company uses up its venture capital to finance overhead before generating a profit.

As consumers, we are whipping through our money at such a clip that we need a new term to describe our total lack of self-control and inability to see the future consequences.

Nobody has been paying much attention to the idea of cash management in the last… well… EVER. In fact, most people who talk about financial planning don't even bring up the idea of cash management.

What is cash management? It's exactly what it sounds like. It's the management of your cash on a day-to-day basis. It's what I focus on when I work with people to get them back in touch with their money and keep them focused on managing it so it doesn't run out.

Cash management has traditionally been the domain of bankers, but bankers are doing such a crappy job of dealing with this area of their customers' financial planning that some investment houses jumped on the bandwagon a while back. It was short-lived.

Too bad. No doubt their initial enthusiasm spoke to the lack of investing that's resulting because of all that debt out there. After all, if your credit cards, lines of credit, car loans — however it is you've chosen to borrow — are now eating up $300, $500 or $700 a month in interest, how could you possibly have money to invest? Of course, the investment houses didn't do a much better job of this whole cash management thing than the banks do. Sigh. Sometimes I feel like a lone voice in the wilderness.

In all the TV shows I've made, and there have been over 180 episodes, I have never worked with anyone who didn't have to change their lifestyle to change their outcome. If you could just keep doing the same old, same old, without creating problems and wreaking havoc on your family's peace of mind, then nobody would be talking about it. And we certainly would not have needed to adapt the term "burn rate" to describe our rabid spending.

So, there is a big problem. And it's not going to go away until we admit that we've made some mistakes and commit to doing things differently.

People can get out of debt; it takes determination and gumption. People can live within their means; it takes planning and discipline. People can be happy NOT spending money; it takes having a real life.

Do you want to blithely shop yourself into the financial dumper, or do you want to become fully conscious of how you're using your money so that you can make it work for you? Wouldn't it be nice to not have to work any harder than absolutely necessary to have the life you want?

While small savings may seem inconsequential compared to the pleasure you derive from spending the money, that's a very shortsighted approach to using money as a tool. Sure, $5 a day on coffee and snacks may not add up to a whole helluva lot in five or 10 years, but the more than $75,000 you have after 30 years (assuming just a two per cent return) is much better than the alternative: zilch. Manage even one per cent more in return over the 30 years and you'll have almost $90,000. That'll go a long way to making your life more comfortable in the future.

Still not convinced? Well, since the average Canadian receives about the same from Old Age Security and the Canada Pension Plan, you can look forward to an income of about $12,000 a year if you don't take some steps today. Imagine living on $12,000 a year right now.

Did you just shiver?

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How to calculate your 'burn rate'

If you've decided to take charge, why not calculate your burn rate? It'll take about a week, and here's how you do it:

1. Make yourself up a tracking sheet. Put the days of the week across the top and some typical categories down the left-hand side. Include stuff like coffee, snacks, lunch, cigs, gas, magazines, newspapers, ... everything on which you spend money in a day.
2. Leave lots of blanks on the left because you'll be amazed at what you'll add when you see all the places where you're spending money.
3. As you go through your week, write down what you're spending. You're going to add it up, so there should be a column on the far right for Total Spent for the week for each category you've included on your worksheet.
4. Identify the point at which you spent $100 on non-essentials. That's your burn rate. Did it take you a whole week? Five days? Less than three days? What were your biggest areas of weakness? Eating out? Kids or grands? Bad habits?

- **Are you surprised at what you're spending?**

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Tax Talk

Need Advice?
Caroline Battista
Tax Analyst at H&R Block
H&R BLOCK

Family Finances: Common-Law Taxes and Childcare

Q Our childcare receipts are in my husband's name. How do I claim them?

A It depends. Childcare expenses have to be claimed by the lower-income spouse—with a few exceptions. Unless one of the exceptions applies to you, the lower-income spouse gets the deduction. So it doesn't matter whose name is on the receipt; it is based on income. Make sure you keep all the receipts with your tax files. Childcare expenses can add up to big tax savings but they are also one of the most commonly reviewed claims. If you don't have receipts, the CRA can deny your claim.

Q My partner and I have been living together for 12 months but keep our finances separate. Do we have to claim common-law?

A Yes. The CRA has specific rules and they do not involve how you manage your bank accounts. If you have lived together for 12 continuous months, you are common-law for tax purposes. If you have a child together, you are common-law as soon as you move in together. Claiming common-law does not mean you pay more tax, but benefits like the GST/HST will be calculated based on household income. Both of you still file your own return but you can pool medical and charitable donation receipts to maximize your savings.

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'Round the world wisdom

Add a few unique strides to your step and walk off the winter woes

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

I started training for the Gobi March just before the 2008 holidays and six weeks in, I had created new habits that were nourishing me mentally and paying off physically. Then, February arrived with its shorter, sunless days and cold temperatures and I continued running outside in the leafless frozen forest.

All around me the blahs were in full motion. I was tired, too cold and felt I couldn't keep my New Year's resolution. Soon enough, I started thinking about pulling out of my own Gobi project.

I realized I had grown completely bored of my training routine.

I decided to turn everything upside down, hoping for a kick of new energy: I sold my car and started using transit for the first time in 25 years and once on the subway, I would race walk strangers on the escalators just to amuse myself. I stopped using elevators and walked up to my meetings. I got rid of my chair at work and started working standing, which changed the dynamics of my internal meetings to be stand-up meetings only.

I changed my running routine and mixed it up with other peripheral activities, usually tethered to an MP3 player with uplifting music. When March arrived, I was again carrying momentum; I had escaped the February blahs.

This year's record cold is affecting many people — so if it's getting to you, you're not alone. Just consider changing things up a little.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

February may be affecting your smiley face, but it's up you to turn it around. ISTOCK

Trade in cooing for a convo

Talk time. Research shows that speaking to children early on makes a big scholastic difference — and long sentences are A-OK

To understand why language processing is so important, consider this sentence: "The kitty's on the bench." If the youngster knows the word "kitty," and his brain recognizes it quickly enough, then he can figure out what "bench" means by the context. But if he's slow to recognize "kitty," then "bench" flies by before he has a chance to learn it. ISTOCK

The sooner you start explaining the world to your baby, the better.

That doesn't mean flash cards for tots, or merely pointing out objects: "Here's an orange. That's a bowl."

New research shows that both how much and how well parents talk with babies and toddlers help to tune the youngsters' brains in ways that build crucial language and vocabulary skills — a key to fighting the infamous "word gap" that puts poor children at a disadvantage at an even younger age than once thought.

The idea is to connect words and meaning, so the brain becomes primed to learn through context: "Let's put the orange in this bowl with the banana and the apple and the grapes."

"You're building intelligence through language," is how Stanford University psychology professor Anne Fernald explains it. "It's making nets of meaning that then will help the child learn new words."

And forget dumbed-down baby talk: Longer, more complex sentences are better.

"The advice I give mothers is to have conversations with your babies," said Erika Hoff, a psychology professor at Florida Atlantic University. "Children can hear lots of talk that goes over their head in terms of the meaning, and they still benefit from it."

Not so useless chatter

"Children can hear lots of talk that goes over their head in terms of the meaning, and they still benefit from it."

Erika Hoff
Psychology professor at Florida Atlantic University

The research, presented at a meeting of the American Association for the Advancement of Science, comes amid a growing push for universal preschool, to help disadvantaged youngsters catch up.

But it also begs the question of whether children from low-income, less educated families need earlier intervention, such as preschool that starts at age three instead of four, or higher quality day care or even some sort of "Let's Talk" campaign aimed at new parents to stress talking, singing and reading with tots even before they can respond. That can be difficult for parents working multiple jobs, or who may not read well or who simply don't know why it's important.

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Money 101. Two couples, one year to make them richer

The financial mission continues

In January, I introduced you to two couples on a mission to improve their finances. Throughout 2014, I will be digging into the details of each couple's money matters and offering advice to make them wealthier in less than 12 months. Since their financial debut one month ago, Anne-Marie and Peter and Carolina and Jose, have been making tremendous progress on their financial homework assignments. – Lesley-Anne Scorgie/For Metro

Anne-Marie & Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Net worth (January 2014): $66,000
- Life stage: Expecting their first child in June 2014
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Simplify their budget, determine the value of home they can afford and research Anne-Marie's pension plan.

PRESSMASTER/SHUTTERSTOCK

KZENON/SHUTTERSTOCK

Carolina & Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Net worth (January 2014): –$32,500
- Life stage: Three daughters aged five, two and eight months
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Put together their very first budget using a free budget template and budgeting resources. And determine the value of a home they can afford.

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter set out on a mission to simplify their current budget and find ways to cut back and save. They examined everything from the interest rates on their MBNA credit cards — both of which have introductory rates less than prime, which is super low — to their Internet and cable bills, and monthly gym membership. They also took another look at the money they currently set aside for trips.

As the couple prepares to welcome their first child, they are conscious about planning ahead for when Anne-Marie's income is reduced while she is on maternity leave.

Their current budgeting game plan is to tighten up their expenses through some frugal best practices and use that money to pay off as much debt as possible and prepare a mock maternity budget. Anne-Marie and Peter expect they will have to reduce the amount of money they typically allocate toward their debt reduction once the baby arrives.

Also weighing on their minds is the couple's hope to begin saving for a down payment to buy a home while continuing their retirement savings plans.

Anne-Marie and Peter sat down with a mortgage broker and determined that, with a 10 per cent down payment in hand, they would be able to comfortably afford to buy a home valued at up to $450,000.

THEIR HOMEWORK

As part of their homework for next month, Anne-Marie and Peter plan to open tax-free savings accounts (TFSA). Similar to their existing RRSPs, TFSAs are great tools to save for retirement and for a down payment because the money the couple contributes to their TFSAs grows tax-free.

TFSAs are also great when it comes to saving for what-if expenses, which have a way of popping up when children arrive. Once their accounts are set up, we plan to review their budget and carve off money to put toward saving for their down payment.

Turning back to retirement planning, Anne-Marie has the opportunity to continue her pension savings while on maternity leave and has elected to do so. As RRSP contributions are due March 3, to count toward the 2013 tax year, Anne-Marie and Peter are also planning on making a contribution of between $300 and $500 each on their RRSPs.

Wondering how stuffing money into an RRSP helps achieve primary goals of debt reduction? The link is simple: An RRSP contribution now will reduce their taxes, and in Anne-Marie and Peter's case, will most likely result in a refund during tax time, which can then be applied to the couple's debts.

Also on their to-do list before March is to sit down with a professional tax adviser and myself to prepare for, and optimize, their tax benefits.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Between managing an incredibly busy household and working long hours in the roofing business, Carolina and Jose met with me earlier this month to establish their very first budget.

We documented their sources of income, primarily Jose's full-time job and child tax benefits totalling a little more than $3,600 after taxes. We then carefully examined their expenses.

Besides paying $1,600 in rent to Jose's parents each month, the couple's second largest expense is their grocery bill, which is approximately $600 each month, followed by their car payment, insurance and fuel totalling $550 per month. Debt repayment, school fees, medical expenses, cellphone and utility bills account for the remaining portion of their budget.

Thankfully, the couple is incredibly frugal and relatively debt averse, so they manage to pay for their household expenses using cash from their bank account while avoiding racking up their credit card.

With a little investigation and firm negotiation, Jose was able to reduce their cellphone and insurance bills, resulting in savings of $100 each month.

Carolina set out to further reduce their monthly grocery expenses by at least $50 through pre-planning, couponing and buying bulk items.

THEIR HOMEWORK

With those savings, the couple has decided to focus two-thirds on paying down their debts and one-third on beginning a small savings plan, which could be used toward an eventual down payment on a home. Between this month and next, Jose and Carolina will also open their first RRSPs and tax-free savings accounts.

Carolina and Jose are committed to sticking to a budget by carefully tracking their expenses. Using an accordion file folder, the couple plans to keep track of all receipts and reconcile those with their budget every three days to ensure they are keeping on track.

Two other important topics came up in my conversation with Jose and Carolina. The first was their strong desire to make progress toward ridding themselves of debt.

So to make a sizable dent in it, I have challenged the couple to raise $500 by selling some of their possessions through an online classified ad website. That money will be enough to pay off Jose's lingering student loan. My second challenge to Jose was to start the process of exploring opportunities to find a higher-paying job.

The second important topic that surfaced was Carolina's "mommy guilt." Carolina never spends money on herself, not even treating herself to a fancy coffee once in a while. Instead, she forfeits small indulgences for her children and husband. I have encouraged Carolina to reward herself, guilt-free, in small ways from time to time. This will be helpful for her mental health and her marriage.

This coming month, Jose and Carolina will receive professional tax advice to ensure they are taking advantage of every opportunity to cut their tax bill.

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Veg Chili: Double hit of meatless protein

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves six. ROSE REISMAN

Chili has to be one of the most versatile, healthy and easy foods to prepare during the winter.

Since vegetarianism is on the rise, you can use ground soy to replace the beef protein that is traditionally used in chilis. The addition of quinoa makes this a complete meal. You have a double hit of protein with the soy and quinoa. If you are not a vegetarian, you can substitute the soy for ground chicken, turkey, pork or beef.

Serve the chili in a large serving bowl and place the accompaniments in small bowls so your guests can serve themselves.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp chopped garlic
- 1 lb of ground soy
- 2 tsp chili powder (or to taste)
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/4 cup quinoa
- 2 1/2 cups homemade or store-bought tomato sauce
- 1 1/2 cup low-sodium vegetable stock
- 1 19 oz can red kidney beans, drained and rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 cup shredded aged cheddar cheese
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh basil or parsley

Directions

1. Lightly coat a large saucepan with cooking spray, add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the soy, chili powder, basil and oregano and sauté for another 5 minutes.

2. Add quinoa, tomato sauce, stock and kidney beans. Cover and simmer for 15 minutes or until the quinoa is tender.

3. Serve in bowls and garnish with the sour cream, cheddar cheese, green onions and basil.

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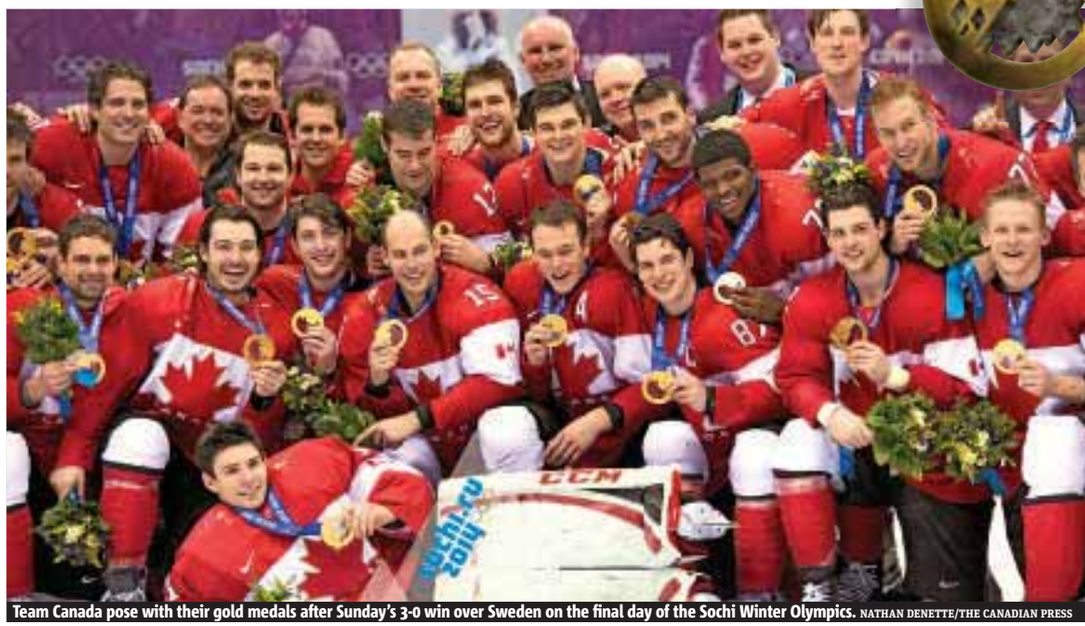

Team Canada pose with their gold medals after Sunday's 3-0 win over Sweden on the final day of the Sochi Winter Olympics. NATHAN DENETTE/THE CANADIAN PRESS

As Team Canada prepared to go on to the ice for the third period against Sweden, 20 minutes from an Olympic gold medal that felt inevitable, Ryan Getzlaf was loose enough to poke some fun at coach Mike Babcock.

"He said: 'It's all about the ball hockey, guys. It's all about the ball hockey,'" Babcock recalled.

The journey started with ball hockey at the team's Olympic orientation camp in August, and it ended Sunday with a gold medal. For the past six months, from executive director Steve Yzerman to Babcock to the players, there was a businesslike approach to defending the gold medal, and in Sochi the result was a Canadian team that steamrolled its competition.

"We had a gold medal summer camp, we had a gold medal selection process," Babcock said. "All that does is give you a chance, and anybody who's been at these Olympic Games knows how hard it is — basically impossible — to win. And for us to be able to execute on the biggest stage and play the way we did and there was a lot of complaints early we didn't score. I thought we were dominant."

Canada never trailed, and there was not one second this team looked like it was in danger of losing.

Jeff Carter called what Canada was able to do for six games a "defensive clinic." Three goals allowed, including none in the final two games, makes that an understatement.

Beating Sweden 3-0 Sunday exemplified everything Canada did right. The Swedes couldn't generate anything because — as defenceman Alex Pietrangelo said — other teams can't score if they don't have the puck.

Swedish coach Par Marts found that out first-hand.

"Canada was much, much better this day," Marts said. "I think they played at a higher tempo, kind of frustration in this team."

It was never about who Canada was playing and always about what Babcock and his players wanted to do. Yzerman looked back over the past 40 years of Olympic, World Cup and Canada Cup teams and couldn't think of another group that dictated the play to opponents more than this one.

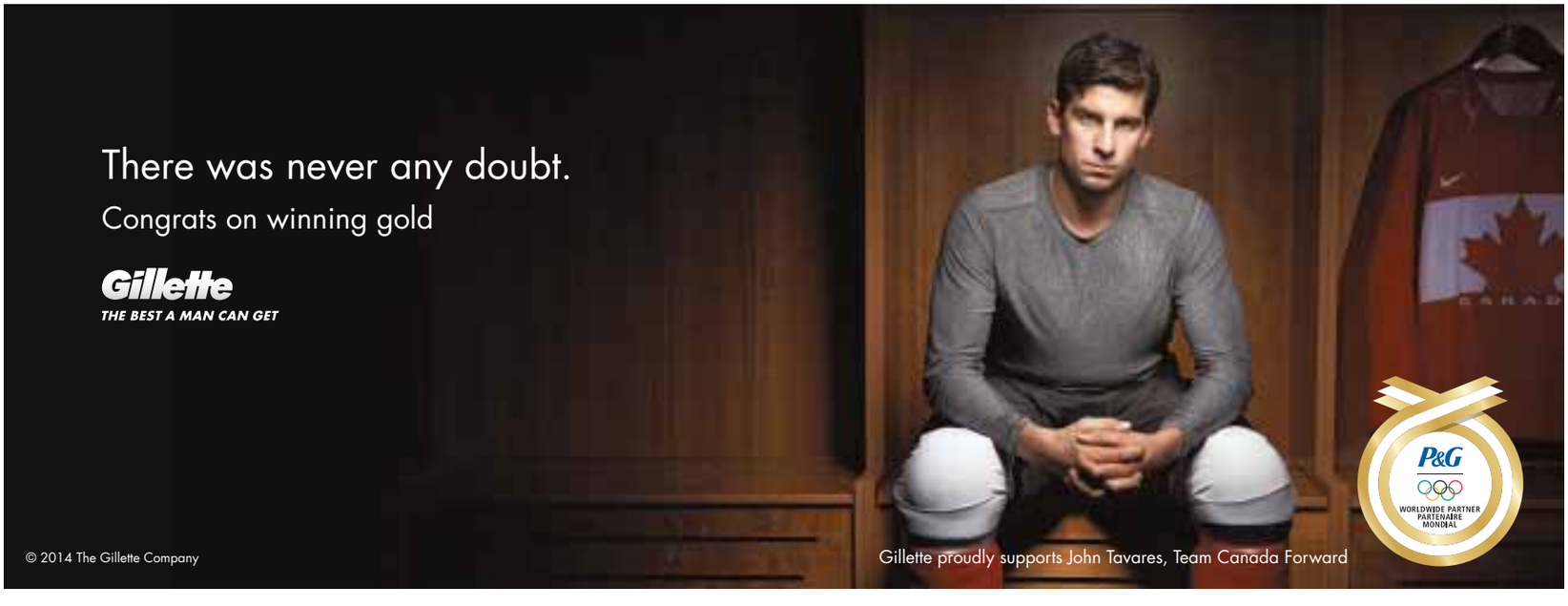
"As far as defensively, pucks staying out of the net, quality scoring chances, shots on goal, it was a pretty dominant performance by these guys," Yzerman said.

The Canadians' organized, fundamental style made them unbeatable.

"It is amazing to see the guys that have the raw talent and ability to commit themselves to doing all the little things right," said Jonathan Toews, who scored the winner against Sweden. "We knew that's what it was going to take in this tournament to win the championship. And guys were willing to do that. So I would say it's a great team to be a part of and unlike any other team I've really been a part of."

This was unlike any other Canadian team at least since NHL players began participating in 1998. This wasn't about 17 total goals over six games or who scored them — it was about doing what it took to win. THE CANADIAN PRESS

4 SPORTS



Canada falls short of tall medal order

Bobsledder Kallie Humphries, right, and Heather Moyse carry the Canadian flag into the stadium for closing ceremonies at the Sochi Winter Olympics on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Sochi 2014. Vancouver total of 26 a tough act to follow in Russia

Canada fell a medal short of "maintaining the gain" at the Sochi Olympics.

The host team's 26 medals four years ago in Vancouver set a new Winter Games standard.

Canada's 220 athletes departed Russia with 10 gold, 10 silver and five bronze for 25, compared to 14 gold, seven silver and five bronze in 2010. Their performance was capped by the men's hockey team defending the gold Sunday with a 3-0 win over Sweden.

Canada finished fourth in the overall medal standings and third in gold medals. The stated objective by Canadian sport leaders was to win more medals than any other country.

But it was host Russia that stormed the top of the table on the final weekend to finish with 33, ahead of the United States at 28 and Norway with 26. The Netherlands was fifth with all 24 medals earned in speedskating.

Beating or even matching the 2010 performance was going to be a tall order for Canada without home-ice and home-snow advantage. The Canadian team came close thanks to five medals won in new sports introduced in Sochi.

"We asked our athletes to contend," chef de mission Steve Podborski said Sunday. "Our athletes have done so. It's not easy. Sometimes it doesn't work very well at all. But they stood up. They stood together."

On Sunday morning Canada sat only four medals back of Russia in first place. But the gap was considerably larger by the end of the day.

Russia's final surge Sunday included a podium sweep in the men's cross-country race and another medal in bobsled. After a dismal 2010, the host team scooped up seven medals on the final weekend to claim the overall pennant. "Russia nailed it," said Caroline Assalian, the COC's chief sport officer. THE CANADIAN PRESS

Expanded field

There were 36 more medals to be won in Sochi than at Vancouver 2010 because of new events introduced.

- **The new events.** Canada claimed bronze in men's snowboard slopestyle, silver in team figure skating, gold and bronze in women's ski slopestyle, and silver in men's freestyle halfpipe.
- **Freestyle.** Our freestyle team drove the medal count with nine, including skicross. The freestylers won six of the first nine medals that put Canada briefly atop the standings.

Sochi 2014

Russia sweeps in cross-country

Alexander Legkov led a Russian medal sweep in the men's 50-kilometre cross-country race Sunday, giving the host nation its first gold in the sport at the Sochi Olympics.

Legkov won a four-way sprint to the finish at the end of the freestyle mass-start race, pulling away from teammates Maxim Vylegzhanin and Ilia Chernousov on the final straight.

On a perfect final day for the hosts, Vylegzhanin was second after beating Chernousov in a photo finish, 0.7 seconds behind Legkov.

The sweep cemented Russia's position atop the medals table of the Sochi Games, with 12 golds and 32 medals overall.

Alex Harvey of St-Ferreol-les-Neiges, Que., was the top Canadian, finishing in 19th place in one hour 47 minutes 40.9 seconds. Ivan Babikov of Canmore, Alta., was directly behind him, completing the race in 1:47:41.8. Graeme Killick of Fort McMurray, Alta., was 28th in 1:48:22.4, while Jesse Cockney, also from Canmore, was 56th in 1:59:16.6. THE ASSOCIATED PRESS

Bobsled. Zubkov keeps Olympic dream on track

Alexander Zubkov was given a daunting assignment for his home Olympics. His task: Take to Russian ice and make history, against drivers who have been beating him for years.

Do svidaniya, world!

Zubkov was uncatchable.

He drove Russia to victory in the four-man bobsled race Sunday, adding that gold to his two-man from earlier in the Sochi Games and making him the sixth pilot to sweep those events at an Olympics. Until now, no one had ever achieved that feat on home ice, but this track was built for Zubkov and he proved to be its master.

So, history for Russia.

History for Latvia and the United States, as well.

Oskars Melbardis of Latvia drove to the silver medal, matching his nation's best showing in a Winter Olympic event. And 2010 four-man champion Steven Holcomb of Park City, Utah, piloted USA-1 to bronze, ceding his Olympic title but winning his third career medal — tying the most by any U.S. bobsledder — and giving his nation seven sliding medals at the Sochi Games, tops among all countries.

Zubkov had a slim lead entering Sunday's final two runs and predicted the title would be decided in the third heat.

Alexander Zubkov of Russia celebrates his gold-medal victory. ADAM PRETTY/GETTY IMAGES

Naturally, he was right.

The field — with just 0.17 seconds separating first through fourth places entering the day, the closest margin in Olympic four-man history — thinned out considerably in Sunday afternoon's opening run. Zubkov's lead over Melbardis swelled to 0.17 seconds. Melbardis opened up an 0.28-second edge over Holcomb for second place. Holcomb was 0.15 seconds better than Russia's Alexander Kasjanov in the race for bronze.

Lyndon Rush's Canada-2 sled of Lascelles Brown, David Bissett and Neville Wright placed ninth in 3:41.76. Chris Spring and his Canada-1 crew were 13th in 3:42.84.

THE ASSOCIATED PRESS

MEDALS

Nation	G	S	B	Total
Russia	13	11	9	33
United States	9	7	12	28
Norway	11	5	10	26
Canada	**10**	**10**	**5**	**25**
Netherlands	8	7	9	24
Germany	8	6	5	19
Austria	4	8	5	17
France	4	4	7	15
Sweden	2	7	6	15
Switzerland	6	3	2	11
China	3	4	2	9
South Korea	3	3	2	8
Czech Republic	2	4	2	8
Slovenia	2	2	4	8
Japan	1	4	3	8
Italy	0	2	6	8
Belarus	5	0	1	6
Poland	4	1	1	6
Finland	1	3	1	5
Britain	1	1	2	4
Latvia	0	2	2	4
Australia	0	2	1	3
Ukraine	1	0	1	2
Slovakia	1	0	0	1
Croatia	0	1	0	1
Kazakhstan	0	0	1	1

WHAT CANADA DID

SUNDAY

BOBSLEIGH

Men's fours — Canada 1 (Lyndon Rush (pilot), Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton) placed ninth overall with a combined time of three minutes 41.76 seconds after four runs; Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; and Bryan Barnett, Edmonton) finished 13th (3:42.84); Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; and Graeme Rinholm, Medicine Hat, Alta.), 30th (2:50.80) - did not qualify for fourth run.

CROSS-COUNTRY SKIING

Men's 50-kilometre freestyle (mass start) — Alex Harvey, St-Ferreol-les-Neiges, Que., 19th overall in one hour 47 minutes 40.9 seconds; Ivan Babikov, Canmore, Alta., 20th (1:47:41.8); Graeme Killick, Fort McMurray, Alta., 28 (1:48:22.4); Jesse Cockney, Canmore, Alta., 56 (1:59:16.6).

HOCKEY

Men — Carey Price stopped all 24 shots he faced and Jonathan Toews scored the eventual winner as Canada successfully defended their Olympic title with a 3-0 win over Sweden in the gold-medal game.

CLOSING CEREMONIES

Flag bearers — Bobsledders Kaillie Humphries, Calgary, and Heather Moyse, Summerside, P.E.I., who won the gold medal in the women's event for the second time in as many games, were given the honour.

FINAL RANKING

Canada finished with 10 gold, 10 silver and five bronze, which placed them fourth overall in total medals and third-most in the gold tally (Russia led with 33 and 13, respectively).

HOCKEY

MEN

Sunday's result

GOLD MEDAL

Canada 3 Sweden 0

Saturday's result

BRONZE MEDAL

Finland 5 United States 0

CANADA 3, SWEDEN 0

First Period

1. Canada, Toews 1 (Carter, Weber) 12:55

Penalties — Jo. Ericsson Swe (holding) 16:55, Kunitz Cda (high-sticking) 19:47.

Second Period

2. Canada, Crosby 1, 15:43

Penalties — Silfverberg Swe (delay of game) 5:46, Berglund Swe (boarding) 19:20.

Third Period

3. Canada, Kunitz 1, 9:04

Penalty — Perry Cda (tripping) 10:12.

Shots on goal by

Canada	12	11	13—36
Sweden	11	9	4—24

Goal — Canada: Price (W, 5-0-0); Sweden: Lundqvist (L, 5-1-0). **Power plays (goals-chances)** — Canada: 0-3; Sweden: 0-2.

Referees — Brad Meier, United States; Kelly Sutherland, Canada. **Linesmen** — Derek Amell, Canada; Greg Devorski, Canada; Mikhail Buturlin, Russia; Roman Gofman, Russia.

Attendance — 11,076 at Sochi, Russia.

BOBSLEIGH

At Krasnaya Polyana, Russia

MEN'S FOURS

(final rankings after four runs)

1. Russia 1 (Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov, Alexey Voevoda), three minutes 40.60 seconds; 2. Latvia 1 (Oskars Melbardis, Daumants Dreiskens, Arvis Vilkaste, Janis Strenga), 3:40.69; 3. United States 1 (Steven Holcomb, Curt Tomasevicz, Steve Langton, Chris Fogt), 3:40.99; 4. Russia 2 (Alexander Kasjanov, Ilvir Huzin, Maxim Belugin, Aleksei Pushkarev), 3:41.02; 5. Britain 1 (John James Jackson, Stuart Benson, Bruce Tasker, Joel Fearon), 3:41.10.

6. Germany 1 (Maximilian Arndt, Marko Huebenbecker, Alexander Roediger, Martin Putze), 3:41.42; 7. Germany 2 (Thomas Florschuetz, Joshua Bluhm, Kevin Kuske, Christian Poser), 3:41.51; 8. Switzerland 1 (Beat Hefti, Alex Baumann, Juerg Egger, Thomas Lamparter), 3:41.75; **9. Canada 1 (Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton), 3:41.76;** 10. Germany 3 (Francesco Friedrich, Jannis Baecker, Gregor Bermbach, Thorsten Margis), 3:41.80.

Also — 13. Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; Bryan Barnett, Edmonton), 3:42.84; Did Not Qualify For Fourth Run — 30. Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; Graeme Rinholm, Medicine Hat, Alta.), 2:50.80.

CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russsia

MEN'S 50-KILOMETRE FREESTYLE (MASS START)

1. Alexander Legkov, Russia, one hour 46 minutes 55.2 seconds; 2. Maxim Vylegzhanin, Russia, 1:46:55.9; 3. Ilia Chernousov, Russia, 1:46:56.0; 4. Martin Johnsrud Sundby, Norway, 1:46:56.2; 5. Sergei Dolidovich, Belarus, 1:47:09.5.

6. Robin Duvillard, France, 1:47:10.1; 7. Anders Soedergren, Sweden, 1:47:13.0; 8. Daniel Richardsson, Sweden, 1:47:19.6; 9. Johan Olsson, Sweden, 1:47:27.3; 10. Iivo Niskanen, Finland, 1:47:27.5. **Canadians — 19. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:47:40.9; 20. Ivan Babikov, Canmore, Alta., 1:47:41.8; 28. Graeme Killick, Fort McMurray, Alta., 1:48:22.4; 56. Jesse Cockney, Canmore, Alta., 1:59:16.6.**

Horoscopes

Aries
March 21 - April 20
Although you should be feeling good about yourself as the new week begins, you are advised not to go over the top in any way or the consequences could be painful.

Taurus
April 21 - May 21
Fantasy and reality sometimes gets blurred and there is a danger you could cross that line and do something foolish today. If you do make a mistake, make sure you learn the lesson it has for you.

Gemini
May 22 - June 21
If you want to move up in the world it won't be long before an opportunity to do so comes along. While you're waiting, try getting your health and fitness routine in better shape.

Cancer
June 22 - July 23
What happens over the next few days will introduce you to news ways of making sense of the world. What you discover will make you realize that a lot of what you were taught to believe was nonsense.

Leo
July 24 - Aug. 23
Make sure that you are getting paid the right amount for your talents. If you allow yourself to be cheated out of small amounts now, you will be cheated out of larger amounts later on.

Virgo
Aug. 24 - Sept. 23
This week Mercury, your ruler, is still going through one of its difficult phases. Between now and Friday, when Mercury moves in your favour again, don't take it for granted that what you're being told is true.

Libra
Sept. 24 - Oct. 23
Travel and social plans may have to be changed today as the planets bring to light information that casts doubt on other people's motives.

Scorpio
Oct. 24 - Nov. 22
The Sun in Pisces makes this one of the best times of the year for you and when the Sun links with Jupiter next weekend you will get your reward for the efforts you have made. Between now and then though, be patient.

Sagittarius
Nov. 23 - Dec. 21
Be more open with loved ones as the new week begins. If you make the effort, you will quite easily find the words that have been lacking these past few weeks — words that heal rifts.

Capricorn
Dec. 22 - Jan. 20
Even if you are the kind of Capricorn who too often lets your inhibitions get in the way of having fun, you will enjoy yourself immensely over the next few days.

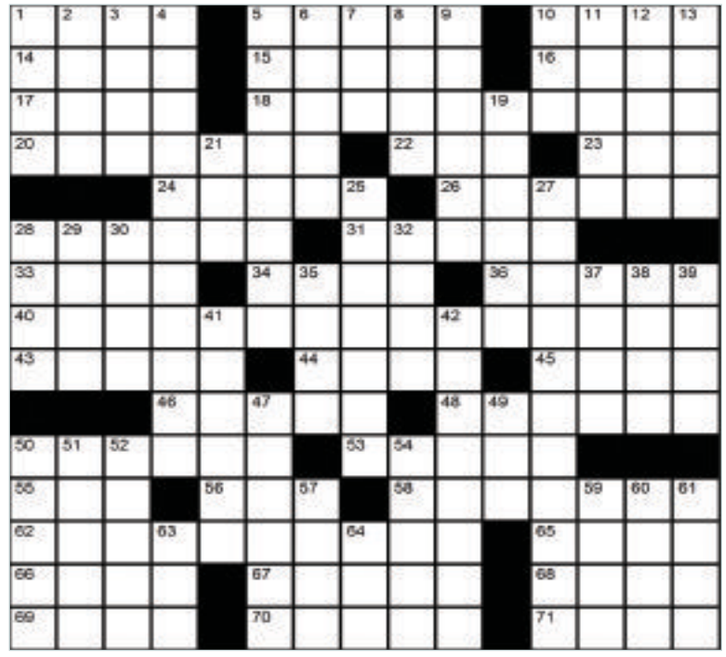
Aquarius
Jan. 21 - Feb. 19
You need to protect what you have gained. Common sense tells you that your winning streak can't last forever and if you carry on taking risks, you could lose it all. Maybe it's time to cash in some of those chips.

Pisces
Feb. 20 - March 20
This is very much a time to take risks. What happens around the time of the new moon on the 1st will delight you but it will be so much better if you start making creative and romantic things happen now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

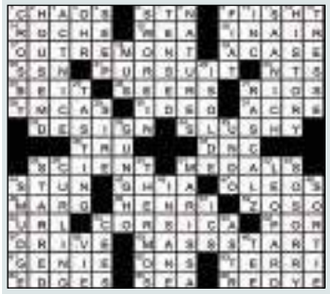
BY KELLY ANN BUCHANAN



Across
1. Sharon, Lois & __
5. Blackthorn fruits
10. "Song for the __": Maritime folk tune
14. Ms. Falana
15. "Cityline" guest expert, Bryce __ (Homeopath)
16. Stylish
17. Rent-_-__
18. Oscar-winning film, "Terms of __" (1983)
20. Canadian-born alum of SNL, Phil __
22. Hoops org.
23. Back then
24. Despises
26. National Capital Region community
28. Saskatchewan export
31. "It's been _ __ pleasure."
33. Swedish car
34. Broadway musical, Man __ __ Mancha
36. Intimidate
40. Waiter in Hollywood, often: 2 wds.
43. Not here
44. "__! _ mouse!"
45. Pants part
46. More pleasant
48. Some countertop edgings
50. Ms. Milano
53. Ms. Graff of '80s sitcom "Mr. Belvedere"
55. Writer, Rita __ Brown
56. Tiny tallnesses
58. Dublin's country
62. Quebec: Grosse Ile and the Irish Memorial National Historic Site (Where there was a __ station from 1832 to 1937)
65. Condo purchaser's wish
66. Bear constellation
67. Major artery
68. 'E' in QED
69. "Too stuffed, thanks." = "_ __."
70. Pari __ (Impartially)
71. Phone nos.

Down
1. Ho-hum
2. __-_-Fella Records
3. Wing-like
4. Winnipeg-raised actress on new Global medical drama "Remedy": 2 wds.
5. "Welcome Back, Kotter" student
6. ELO's Jeff
7. Former
8. Paradise
9. U.S. Navy builder
10. Fancy-style 1900
11. "_ __ a Symphony" by The Supremes
12. Naomi Watts starred in the 2002 American version of this Japanese horror
13. Ontario community
19. Hotels chain
21. Humanities degs.
25. F. Murray Abraham's Oscar-winning "Amadeus" (1984) role, Antonio __
27. Alannah Myles chart-topper about Elvis: 2 wds.
28. "Over here..."
29. Pledge
30. Weight allowance
32. Placing
35. Take off
37. __ Reader (Alternative press magazine)
38. Oasis songwriter
39. "__ bien!"
41. Memoirs of a __ (Arthur Golden novel)
42. Vicki __, Vancouver-born broadcaster
47. Snooze
49. Mariner's dir.
50. Quebec: Town in the Lower Saint-Lawrence
51. Ms. Linney
52. Leavening agent
54. Buildups in dryers
57. Greek portico
59. 'Million' suffix
60. Oscar-winner Patricia
61. ABC's ballroom show
63. Ms. Dawn Chong
64. US tax bureau

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	1	3	7	9	4	2	5	6
6	5	4	2	3	1	7	9	8
9	7	2	6	8	5	1	3	4
7	3	9	5	4	8	6	1	2
2	8	1	3	6	9	4	7	5
5	4	6	1	7	2	9	8	3
4	2	8	9	1	3	5	6	7
1	6	5	8	2	7	3	4	9
3	9	7	4	5	6	8	2	1

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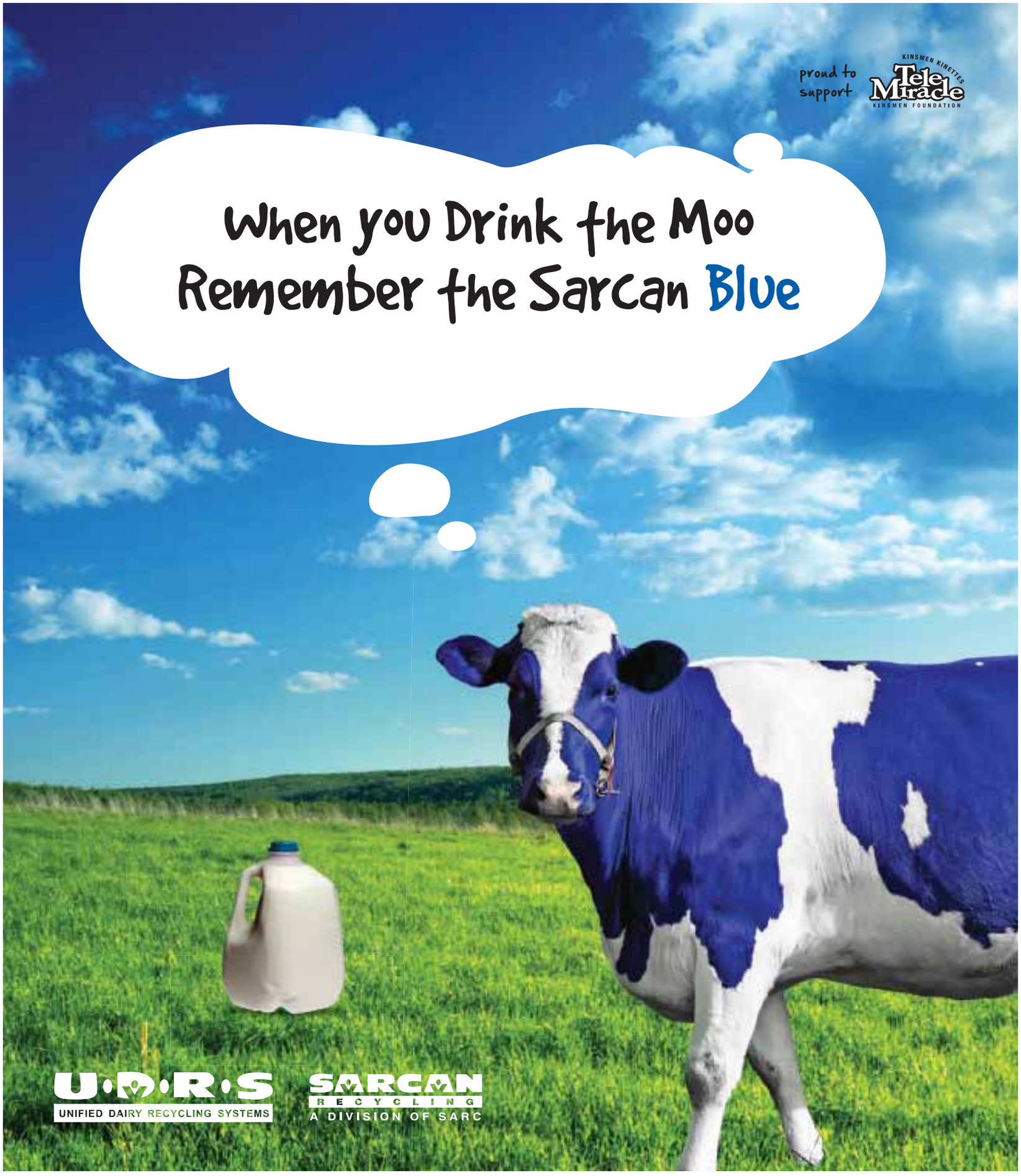
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